



Hypertension (High Blood Pressure) Battle Plan

What is Hypertension?

Blood pressure is a measurement of the force with which the heart sends blood coursing through the arteries. The peak pressure exerted when the heart is actually beating is called systolic pressure. Diastolic pressure is the reading taken between beats when the heart is at rest. A normal blood pressure reading for an adult is 120 (systolic)/80 (diastolic). High blood pressure is divided into different levels:

- Borderline: 120-160/90-94 mmHg
- Mild: 140-160/90-104 mmHg
- Moderate: 140-180/105-114 mmHg
- Severe: 160+/115+ mmHg

Elevated blood pressure is a major risk factor for a heart attack and is generally regarded as the greatest risk factor for a stroke. Blood pressure typically increases as a result of stress or physical activity. In a person with high blood pressure however, it is elevated even at rest.

Causes of Hypertension:

High blood pressure usually occurs due to a strain on the heart that can arise from a variety of conditions including:

- Atherosclerosis (clogging of the arteries): because the arteries are obstructed with cholesterol plaque in atherosclerosis, circulation of blood through the vessels becomes difficult. When the arteries harden, the blood is forced through a narrower passageway, which results with blood pressure becoming elevated.
- Alcoholism: excessive consumption of alcohol raises blood sugar levels and increases the production of free radicals, both of which damage the arteries. Alcoholics typically eat poorly, and consequently have vitamin and mineral deficiencies that cause poor cardiovascular health.
- Obesity: a diet high in animal fat, sugar, and salt, and low in fiber, essential vitamins and minerals, and essential fatty acids, associated with the typical Western diet, appears to be the main cause of hypertension. Obesity leads to excessive sugar in the blood, high cholesterol, and atherosclerosis.
- Smoking/coffee consumption: lifestyle choices like smoking and consumption of coffee and alcohol are known to cause hypertension. Caffeine and nicotine are stimulants that promote the release of stress hormones that elevate blood pressure.
- Stress: an inability to cope effectively with stress promotes atherosclerosis.
- Kidney disease: improper kidney function causes fluid to build up in the body, increasing blood pressure.
- Soft water: exposure to lead in drinking water is associated with high blood pressure and cardiovascular disease. Soft water is also low in calcium and magnesium, minerals that protect against hypertension.

Facts you should know:

- Over sixty million Americans (approximately one in four) have high blood pressure, and more than half of all Americans aged 65-74 years have high blood pressure.
- A physically unfit individual has an eight times greater risk of a heart attack or stroke than a fit individual.
- According to the US Surgeon General, "Cigarette smoking should be considered the most important risk factor for coronary heart disease."

Signs and Symptoms:

Since blood vessels do not contain nerves, no symptoms are usually felt unless the disease is severe. High blood pressure is typically discovered as part of a routine checkup. A hypertensive crisis may be indicated by:

- Confusion, dizziness, emotional instability, fatigue, headache, insomnia, restlessness
- Numbness or tingling in hands and feet
- Coughing blood or nosebleeds
- Severe shortness of breath

Treatment and Prevention:

1). Diet

- A salt-free diet is essential for lowering blood pressure. Avoid Accent flavor enhancer (monosodium glutamate), baking soda, canned vegetables, commercially prepared foods, over-the-counter medications that contains ibuprofen, diet soft drinks, preservatives, most sugar substitutes, meat tenderizers, and soy sauce.
- A high fiber diet and supplemental fiber are recommended. Eat plenty of fruits and vegetables rich in fiber and potassium, such as apples, asparagus, bananas, broccoli, cabbage, cantaloupe, eggplant, garlic, grapefruit, green leafy vegetable, melons, peas, prunes, raisin, squash, and sweet potatoes. Drinking the following juices are helpful: beet, carrot and celery, currant, cranberry, citrus fruit, parsley, spinach, and watermelon. Include seeded foods like brown rice, buckwheat, millet, and oats in your diet.
- Avoid saturated fats, margarine, and foods containing trans fatty acids or trans fats
- Avoid processed foods – they elevate cholesterol levels, blood pressure, and risk for obesity and diabetes.
- Increase consumption of cold-water fish such as salmon, mackerel, tuna, herring, and halibut to at least three times a week. These foods contain omega-3 essential fatty acids that “thin” the blood and have numerous beneficial effects on cardiovascular health.

2). Lifestyle choices

- Smoking should be moderated, or preferably totally avoided, and alcohol should be kept to a minimum.
- Minimize consumption of caffeine.
- Weight loss reduces blood pressure and should be a primary goal for hypertensives who are obese or moderately overweight.
- Consistent aerobic exercise can prevent hypertension and lower blood pressure. Exercise is highly recommended because it reduces both stress and blood pressure. Exercise a minimum of thirty minutes, three times a week. Walking is a good exercise with which to start.
- Stress management techniques such as biofeedback, yoga, meditation, qigong, relaxation exercises, and hypnotherapy have all proved successful in lowering blood pressure. Learn how to control anger or express it appropriately. Avoid aggressive or passive behavior. Be assertive, but express your thoughts and feelings in a kind way, as you would wish to be treated.

3). Nutritional Supplements

- **Flax Advantage™** organic blonde flax seeds are a good source of essential fatty acid that is important for circulation and lowering blood pressure. Take a 1/4 cup of fresh ground flaxseed daily. Can be sprinkled over cereal or mixed in drink or smoothie.

- Cereal grass juices like **Organic Kamut Blend™**, **Organic Barley Green Juice™** or any other green food contain magnesium and other naturally occurring vitamins and minerals. There is considerable evidence showing a high intake of magnesium is correlated with lower blood pressure. Magnesium from food works best. Take 1 TBS of green food 3 times daily.
- **C From Nature™** provides naturally occurring vitamin c that can act to improve adrenal function and minimize blood-clotting tendencies. Take 3 capsules twice daily.
- **Rice Bran Solubles™** contain tocotrienols, a natural Vitamin E type nutrient – these fat-soluble antioxidants may offer the most protection against atherosclerosis because they are easily absorbed into cholesterol molecules where they prevent free radical damage. Rice Bran Solubles™ also naturally contain Q10 which research suggests improves heart function and lowers blood pressure. Take 1 TBS twice daily.
- **Heart Aid™** contains synergistically combined ingredients and herbs to stimulate circulation, strengthen the heart and reduce hypertension as well as reduce cholesterol. Take 3 capsules twice daily.
- **Aktivated Barley™** contains beta glucan soluble fibers to help maintain healthy cholesterol levels. Take 1 TBS twice daily.
- **Apothe-Cherry™** is a very potent antioxidant and phyto nutrients like bioflavonoid and anthocyanins to help combat free radical damage and inflammation in the vascular system. Take 2 TBS (2 oz) daily prior to bed.

4). Herbs

- Garlic – beneficial in lowering the blood pressure.

Recommendations:

1. A periodic cleansing fast can help detoxify the body. Fast three to five days every month.
2. Drink steam-distilled water only.
3. Be careful that you do not overexert yourself during sexual intercourse. Sexual intercourse can be dangerous for the hypertensive patient.

Protocol for PHP Supplements

Mix 1 Tbsp of your green food choice, 1 Tbsp Aktivated Barley™ and 1 Tbsp Rice Bran Solubles™ on an empty stomach first thing in the morning and mid afternoon.

Mix 1 TBS of your green food choice 30 minutes prior to your evening meal.

Consume ¼ cup freshly ground Flax Advantage™ by sprinkling on cereal, yogurt or mixing in a drink or smoothie. Grind in a coffee grinder.

Take 3 C From Nature™ and 3 Heart Aid™ with your green, Rice Bran Solubles™ and Aktivated Barley™ drink.

Take 1 TBS (1 oz) Apothe-Cherry™ mixed with water prior to bed.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

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